








Highland Valley Elder Services Home Delivered Menu -June 2023
 The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Highland Valley ELDER SERVICES	Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) ☺ Local Produce 🌿: Vegetarian		1 🌿 Pasta Primavera** (521) Green Beans (3) # Fruit Crisp (11) Cal: 676 Sodium: 660 Carb: 101	2 Ham and Swiss (398) on Rye Bread (300) Cole Slaw (90) Carrot Raisin Salad (194) Chilled Pineapple  Cal: 819 Sodium: 1108 Carb: 68
5 Teriyaki Chicken** (581) over Lo Mein noodles (260) Oriental Blend Vegetables (9) Sugar Snap Peas (3) Fortune Cookie (2) Cal: 576 Sodium: 981 Carb: 70	6 Breaded White Fish (322) Summer Squash (6) Carrots (64) #Lemon Bars (142)  Cal: 716 Sodium: 659 Carb: 75	7 American Chop Suey (316) Spinach (76) Cauliflower (14) Chilled Pears (4) Cal: 648 Sodium: 535 Carb: 77	8 Chef Salad w/Chicken & Cheese (276) Pickled Beets (159) Macaroni Salad (238) #Fruited gelatin w/whip topping (87) Cal: 675 Sodium: 884 Carb: 79	9 Hamburger (290) on a Bun (230) w/lettuce and tomato Vegetarian Baked Beans (140) Roasted Potatoes (49) Fresh Fruit Cal: 804 Sodium: 841 Carb: 98
12 Philly Cheese Steak (318) on a grinder roll (218) Onions and Peppers (43) Broccoli (9) Fresh Fruit Cal: 626 Sodium: 650 Carb: 70	13 Pesto Chicken (159) over Penne (5) Stewed Tomatoes (12) Brussel Sprouts (14) #Chocolate Chip Cookie (60) Cal: 647 Sodium: 350 Carb: 53	14 Greek Salad (126) Street Corn Salad (197) Garlic Humus (202) 1/2 Pita Bread (161) #Yogurt (50) Cal: 687 Sodium: 993 Carb: 83	15 🌿 Pulled Pork (84) Rice and Beans (86) Sweet Green Peas (58) Chilled Peaches (334)  Cal: 756 Sodium: 334 Carb: 82	16 Stuffed Pepper Casserole (189) Italian Blend Vegetables (19) Dinner Roll (210) Applesauce (9) Cal: 564 Sodium: 528 Carb: 70
19 Turkey Tetrizzini (407) over Linguini (1) Green Beans (3) Carrots (64) Chilled Pears (4)  Cal: 590 Sodium: 578 Carb: 94	20 🌿 Egg Salad (246) Cucumber Tomato Salad (4) Pumpernickel Bread (154) #Pudding w/whip topping (195) Cal: 848 Sodium: 699 Carb: 57	21 BBQ Chicken (399) Corn (6) Mashed Potato (58) Dinner Roll (210) Fresh Fruit Cal: 750 Sodium: 775 Carb: 108	22 Ginger Teriyaki Salmon (307) Quinoa Pilaf (56) ☺ Asparagus (4) #Birthday Cake (276) Cal: 660 Sodium: 743 Carb: 80	23 Beef Macaroni Casserole (258) Zucchini (2) Garden Salad (14) Dressing Packet (110) Warm Fruit Compote (110) Cal: 788 Sodium: 493 Carb: 99
26 🌿 Cottage Cheese & Fruit Platter** (529) including peaches and pineapple Snack n Loaf (160) Cal: 591 Sodium: 790 Carb: 85	27 French Meat Pie (297) Brussel Sprouts (14) Cauliflower (14) #Ambrosia (3) Cal: 774 Sodium: 428 Carb: 68	28 Pork Chopette w/gravy (500) Sweet Potato (35) Spinach (76) Dinner Roll (210) Chilled Mixed Fruit (5)  Cal: 762 Sodium: 926 Carb: 101	29 Curry Chicken (62) over Brown Rice (18) Summer Squash (6) Peas (58) Fresh Fruit Cal: 554 Sodium: 246 Carb: 72	30 🌿 Eggplant Parmesan (349) over Spaghetti (2) Roasted Broccoli (9) French Bread (256) #☺ Strawberry Shortcake (269) Cal: 767 Sodium: 984 Carb: 101



Funding Sources include the City of Westfield Community Development Block Grant
 Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (), all meals include milk w/ 125 mg sodium.
 If you have a special concern regarding the menu, contact the Nutritionist at 413-582-9301 for guidance on managing your intake to meet your dietary requirements. To cancel a meal, please see reverse side.



June

Here are some basic food safety tips from the Food and Drug Administration (FDA) to keep in mind when cooking & eating outdoors in warm weather:

- Wash hands with soap and water for at least 20 seconds, especially after using the bathroom and before cooking or eating.
- Don't use a plate that has touched raw meat, poultry, or seafood for anything else unless you first wash the plate in hot, soapy water. Keep utensils and surfaces clean.
- Don't reuse marinade that contained raw meat.
- To kill harmful bacteria that may be present while cooking, use a food thermometer. Hamburgers should be cooked to 160°F. If a thermometer is not available, make sure hamburgers are brown all the way through, not pink. Chicken should be cooked to at least 165°F.
- Do not leave food out of the cooler or off the grill for more than two hours. Never leave food out for more than one hour when the outside temperature is above 90°F.
- Keep hot food hot, at or above 140°F. Wrap it well and place it in an insulated container. Thinking of bringing hot take-out food such as fried chicken or barbecue to an outdoor party? Make sure to eat it within two hours of buying it. Always reheat foods to 165°F.
- Keep cold food cold, at or below 40°F. Place foods like chicken salad and desserts directly on ice or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

Coming Soon - Farmer's Market Programs

During the summer, HVES partners with local farms to make fresh, local produce available to seniors who qualify.

Homebound seniors can receive \$50 of fresh, local produce along with their daily hot meal.

Seniors participating in community dining sites can receive vouchers from their local senior center or COA in the amount of \$50 to shop at a farmers market.

All seniors who participate in Farmer's Market programs must attest in writing that they meet age and income requirements. Funds can be used to provide or purchase locally-grown fresh, unprocessed, fruits, vegetables, cut herbs, & honey.

For a list of local Farmer's Markets that accept vouchers, please visit www.mass.gov/massgrown.



Home Delivered Meals
Amherst - 413-259-3164
Chester - 413-562-0249
Chesterfield – 413-727-3281
Cummington - 413-727-3281
Easthampton - 413-727-3281
Hadley - 413-584-6784
Hatfield - 413-727-3281
Huntington - 413-562-0249
Goshen - 413-727-3281
Middlefield - 413-584-6784
Northampton - 413-584-6784
Pelham - 413-259-3164
Southwick - 413-569-0410
Westfield - 413-562-0249

Community Dining Centers
Amherst - 413-259-3164
Chester - 413-354-7735
Chesterfield – 413-296-4007
Cummington – 413-634-2262
Easthampton – 413-527-6151
Hadley - 413-586-4023
Hatfield - 413-247-9003
Goshen - 413-374-7430
Middlefield - 413-623-9990
Russell - 413-862-6217
Southwick - 413-569-0410
Walter Salvo House - 413-584-6784
Washington House - 413-562-0249
Westhampton – 413-203-9808

Meal cancellations **MUST** be made 48 hours in advance.
 To cancel a meal or for information about the meals program,
 please call your Home Delivered Meal or Community Dining Center site coordinator listed above.